

# Syllabus

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## What You Should Already Know

You really don't need to learn anything new before you take this course. You just need to (a) have a positive attitude, (b) study hard, and (c) complete all course activities.

## Learning Outcomes

When you complete this course, you should be able to do the following:

1. Identify the many benefits of lifetime weight control.
2. Plan out a healthy eating plan for yourself.
3. Design a healthy exercise plan for yourself.
4. Answer commonly asked questions about weight control.

## Important Note

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activities carries with it inherent dangers which may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons for problems which would preclude or restrict participant's participation in a particular exercise program or related activities and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activities.

## Course Materials

You really don't need anything out of the ordinary to complete this course. However, it is important to have these things:

1. Good exercise shoes
2. An enjoyable place to exercise
3. A clean bill of health—if you are currently unsure about your health status, contact your doctor and get his or her permission before beginning this course

Any first person references (I, me, my, etc.) in the course content refer to the author of the course, not your instructor.

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## Assignments

This course includes six units, and you should read each unit and answer all of the Self Check and quiz questions. You do not need to submit your Self Check answers. Your quiz answers, however, do need to be submitted online, upon which you'll receive feedback and your score. Two of the six units also include several hands-on activities to reinforce your understanding of what you have learned. When you finish all course work, you may take the final examination.

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## Exams

The final contains 45 multiple-choice questions.

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## Grading

Your final grade is computed based on the following percentages:

### Grade Breakdown

60 percent Quizzes (10 percent per unit)

40 percent Final Examination

The following grading scale is used to assign your final grade:

### Grading Scale

**A** 100-93

**A-** 92-90

**B+** 89-87

### **Grading Scale**

**B** 86-83

**B-** 82-80

**C+** 79-77

**C** 76-73

**C-** 72-70

**D+** 69-67

**D** 66-63

**D-** 62-60

**E (fail)** 59-0